

\* SWBAT apply energy and power to exercise and food choices

Sep 6-2:31 PM

# Welcome!!!

H. Leslie Grebe

\* Pick up:

- Fitness power sheet
- slip of paper (for later)

Centering...



Opening Questions:

What does work and energy have to do with food and exercise?

CHEM.  
POTL.  
ENERGY

Sep 7-7:04 AM

fitness room -- let's explore this energy thing...

CURLS:

WT lbs	HT cm	TIME sec
15	70	15.9

Dec 7-7:51 AM

What did we find?

CURLS:

ONCE	10X	POWER w/t
47 J	473 J	30 W

Curling power? 30W

Bike power? 100W - 400W USE MORE OF YOUR BODY

CALORIES: ENERGY  
FOOD: CALORIES = ENERGY

LESLIE: HAMBURGER

280 cal

JOG 5mph ↑  
30 min

200  
BIKE  
~40 min

Dec 7-7:51 AM

### Daily 3 Questions

- \* Every day except test/project days
- \* 3 Questions on the topics of the day
- \* Main source of daily points
- \* I am happy to give credit when I have no concerns about someone giving or getting help with the answers.

You can't get your points if you don't have your **NAME!!!**

Name	Period
1.	
2.	
3.	

Sep 9-7:32 AM

1. About how much work did the "curler" do? (How many Joules)

47 - 470 J

2. Is that more or less than 1 Calorie?

LESS

3. About how long would I need to bike to burn off a hamburger?

A. a few minutes

☒ B. 20-60 minutes

C. several hours

Dec 2-7:55 AM